



## APRIL ACTIVITIES

The following activity was taken from the “*Team Nutrition Days...and Beyond*” How-To Kit. Turn to page 104 for ordering information.

# Starting A Team Nutrition Garden

**G**rab some seeds and a watering can and start a garden with your students so they can see how the foods they eat grow—from the ground up! Gardening presents a good opportunity to involve parents, other community members, Team Nutrition Supporters, and local organizations and merchants. Work with your school food service personnel to use the products from your garden in a special school dish, lunch, or food festival, or have your students take some home to share with their families. A great location for your project might be right in your classroom, an existing community garden, or your school’s yard. Focus on local crops and design a *Team Nutrition* garden that meets your school’s needs and resources. The size of the garden and crops you grow are up to you. You can start out small with classroom experiments or jump right into growing your own outdoor garden.

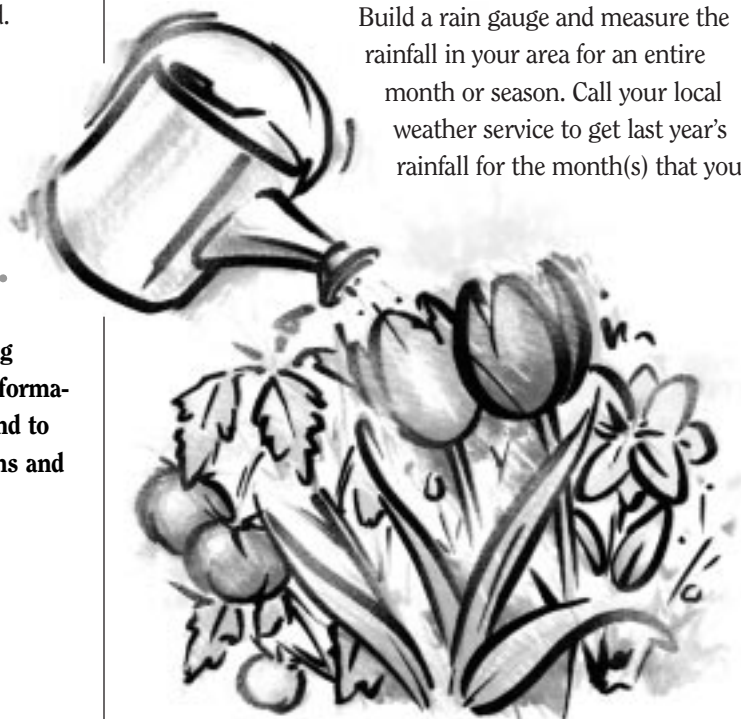
Gardening offers a good opportunity to practice reading and language skills (via seed packet planting instructions) and math skills (using seed packet information to determine when and how much to plant), and to understand the scientific process (regional variations and soil erosion).

### Simple Gardening Experiments

Indoor gardening can provide interactive lessons in science, math, language arts, and social studies. In fact, your class may already be doing these fun classroom experiments. Here are some additional suggestions to help plant a seed in young minds:

Plant a bean (lima, kidney, great northern) in a cup and watch it sprout. You can also conduct an experiment to find out what grows when you plant potatoes, avocados, or alfalfa sprouts.

Build a rain gauge and measure the rainfall in your area for an entire month or season. Call your local weather service to get last year’s rainfall for the month(s) that you



measured and compare the two. Discuss how rain might affect the growing season.

Grow carrots, onions, or bean seeds in a clear container so that your class can observe the amazing network of roots. Discuss why roots grow in all different directions.

.....

**Information in this section was adapted from the National Gardening Association's Growing Ideas: A Journal of Garden-Based Learning. For a sample copy of the Growing Ideas newsletter and brochure, call the National Gardening Association at 1-800-538-7476.**

## Outdoor Gardening

Determine where you will grow a garden, decide what to grow, and develop a planting calendar. If you have the resources to transplant your garden outdoors, consider average frost in your area, frost tolerance of desired crops, time required for growing, and project deadline. When deciding what to grow, consider a thematic garden, such as an Alphabet Garden, Nutritious Snack Food Garden, Culinary Herb Garden, Ethnic Garden, or create your own theme. Follow the same instructions provided above for growing seedlings indoors. Students can check seed packets or gardening books to find out about ideal planting time and conditions. Your local gardening resource can help with any questions you might have.

.....

**If you want to grow an outdoor garden but do not have space available on school grounds, you may wish to contact a community garden, business, or other organization in your area to see if space is available.**

Before transplanting your seedlings to an outdoor garden for the remainder of the growing season, it will be necessary to "harden off" or expose them to harsher outdoor conditions. Your students may want to experiment with the health and growth of a hardened-off plant compared with one planted directly outside.

Pick an outdoor gardening spot. A 5' × 5' plot of land is ideal for a Team Nutrition School garden.

Make sure a vegetable garden gets at least six hours of sunshine a day—otherwise the seeds produce plants and leaves and not much food.

## Other considerations

Is the plot of land reasonably level and on higher ground? Is there access to water? Is the soil healthy? What is the soil lead content and pH level? What needs to be done to prepare and enhance the soil?

**Design the site.** Draw a picture of your garden and map out what plants will grow in which rows. Figure how far apart the rows should be by finding out how wide the plants will grow. This is a fun way to teach math to your students. During the seedling germination, students can draw or paint pictures of what your garden will look like at the various stages of development.

**Get the tools.** If your school does not own gardening tools, find a community organization or local business to donate or loan you the tools, or check "yard sales" to buy used tools.

**Develop your garden.** The seedlings can be planted as soon as the soil is dry enough to be dug into and loosened, and the danger of frost is past. Involve your students in this process of preparing the soil. Consult with your gardening partner(s) to determine how to develop your garden.

**Ready to (trans) plant.** Check with your gardening resource partner about how to transplant seedlings and the care involved in tending a garden.

**Identify your crops.** Place markers in the soil to identify each crop as it is planted. Students can create markers in art class, while seedlings are germinating indoors.

**Working the garden.** Plan class time for students to tend the garden.

.....  
**Involve your students in garden maintenance and harvesting. Watch their knowledge and enthusiasm grow as the garden grows!**

*For indoor gardening, see November's "How Food Grows" or your "Team Nutrition Days...and Beyond" How To Guide. If you would like to receive a copy, turn to page 104 to order.*

### Promotion

It is important to promote your event throughout the community. This can help you attract volunteers and gain media coverage of your school garden.

### Team Nutrition Supporters

Many Team Nutrition Supporters have expressed specific interest in assisting Team Nutrition Schools with their gardening projects by providing volunteers, educational materials (fees may apply), and supplies. See the "Team Nutrition Days...and Beyond" How To Kit for a complete listing.

### Reference

Ocone, L., Pranis, E. The National Gardening Association Guide to Kids Gardening: A Complete Guide for Teachers, Parents and Youth Leaders. New York: John Wiley & Sons, Inc. 1983



## Recipe of the Month

The following recipe was taken from Team Nutrition's *Food, Family & Fun: A Seasonal Guide to Healthy Eating*. Turn to page 104 for ordering information.

# Fruit Yogurt Shake



About 10 Minutes, Serves 2

1 cup fruit (peaches, strawberries, bananas), cut up  
4 scoops (1 1/3 cups) nonfat frozen yogurt  
2 cups skim milk, ice cold  
2 Tbsp sugar

1. Have kids cup up fruit—carefully. Have them put all ingredients into blender, close top, then puree.
2. Kids pour into chilled glasses. Serve with straws. Cool!

### Nutrients per serving (1 cup)

Calories . . . . . 291  
Protein . . . . . 12 g  
Carbohydrate . . . . . 53 g  
Total Fat . . . . . 0.6 g

Saturated Fat . . . . . 0.3 g  
Cholesterol . . . . . 16 mg  
Vitamin A . . . . . 208 RE  
Vitamin C . . . . . 7 mg

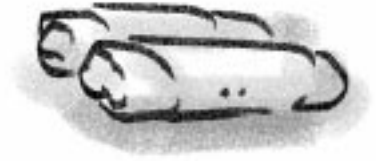
Iron . . . . . 3 mg  
Calcium . . . . . 427 mg  
Sodium . . . . . 201 mg  
Dietary Fiber . . . . . 1 g

# SCHOOL-SIZED

## Recipe of the Month

This recipe was taken from Team Nutrition's *Tool Kit for Healthy School Meals*.  
Turn to page 104 for more information on this resource.

# Chicken Fajitas



Ingredients	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
<i>Marinade:</i>				
Vegetable stock, non-MSG		2 cups		1 qt
Cornstarch		1/4 cup		1/2 cup
Vegetable oil		2 cups		1 qt
White vinegar		2 cups		1 qt
Sugar	12 oz	1½ cups	1 lb., 8 oz	3 cups
White pepper		1 Tbsp., 1 tsp.		2 Tbsp., 2 tsp.
Garlic powder		1 Tbsp., 1 tsp.		2 Tbsp., 2 tsp.
Chili powder		2 Tbsp.		1/4 cup
Ground cumin		1¼ tsp.		2½ tsp.
Dried oregano leaves		2 tsp.		1 Tbsp., 1 tsp.
Raw, boned, skinless chicken breast, 1/2" slices	9 lb.		18 lb.	
Canned corn, drained	2 lb., 4 oz	1/2 No. 10 can	4 lb., 8 oz	1 No. 10 can
or				
Frozen corn	2 lb., 4 oz		4 lb., 8 oz	
*Onions, diced	12 oz	2¼ cups	1 lb., 8 oz	1 qt 1/2 cup
*Fresh green peppers, diced	8 oz	1⅔ cups	1 lb.	3⅓ cups
Canned tomatoes, drained, chopped	1 lb.	1/4 No. 10 can	2 lb.	1/2 No. 10 can
Canned salsa	1 lb.		2 lb.	
Flour tortillas, 7-inch		50 each		100 each

## Directions

1. Dissolve the cornstarch in the vegetable stock.
2. Heat over medium heat until thickened. Cool.
3. Add the oil to the cooled, thicken stock mixture.
4. Combine the white vinegar, sugar, white pepper, garlic powder, chili powder, cumin, and oregano in a bowl. Whisk into the stock mixture.
5. Pour marinade over the sliced chicken. Marinate overnight in the refrigerator.

---

## Chicken Fajitas



- 6.** Drain the chicken, reserving the marinade.
- 7.** Preheat grill to 350°F. For each batch of fajitas, pour 2 cups of the marinade on the heated grill. Add 9 lb of the sliced chicken and saute about 10 minutes, until no signs of pink remain. Remove to steam table pan.
- 8.** Combine corn, onions, green peppers, canned tomatoes, and salsa in pot. Cook 5 lb 8 oz (3 qt) of this mixture over low heat until vegetables are heated thoroughly, about 5 minutes. Add to cooked chicken.
- 9.** For each serving, place 1/2 cup (3½ oz) of filling on each tortilla. If desired, fold or roll tortilla over filling. Serve warm.

### Special Tips:

- 1.** If a grill is not available, a steam-jacketed kettle may be used to saute the chicken.
- 2.** Lowfat sour cream (1 Tbsp. per serving) and salsa (2 Tbsp. per serving) make excellent garnishes.
- 3.** This makes an attractive lunch plate when served with Refried Beans.

**Serving:** 1 fajita provides 2 ounces of cooked poultry, 1/8 cup of vegetable, and 1 serving of grains/breads

**Yield:** 50 servings: 12 lb., 4 oz (filling)  
100 servings: 24 lb., 8 oz (filling)

---

### Nutrients Per Serving

Calories . . . . .	306	Saturated Fat. . . . .	1.5 g	Iron . . . . .	2.3 mg
Protein. . . . .	23 g	Cholesterol . . . . .	47 mg	Calcium. . . . .	68 mg
Carbohydrate. . . . .	33 g	Vitamin A. . . . .	29 RE/261 IU	Sodium . . . . .	379 mg
Total Fat. . . . .	8.9 g	Vitamin C . . . . .	8 mg	Dietary Fiber . . . . .	2 g

---

### Marketing Guide for Selected Items

Food as Purchased	For 50 Serving Recipe	For 100 Serving Recipe
Onions	14 oz	1 lb., 12 oz
Green peppers	10 oz	1 lb., 4 oz

# Highlights & Resource Information

**American Association for Health Education/American Alliance for Health, Physical Education, Recreation & Dance (AAHE/AAHPERD) Convention & Expo**

Annual convention for the American Association for Health Education. The largest convention for health educators in the world. Program sessions offer continuing education for Certified Health Education Specialists. Opportunities for networking and socializing. Contact: Anna Robinson, 1900 Association Drive, Reston, VA 20191-1599. Tel: (703) 476-3400. Fax: (703) 476-9527.

## Cancer Control Month

This annual recognition was established by Presidential Proclamation in support of the Nation's fight against cancer. Your American Cancer Society can provide you with educational support related to cancer prevention during this month and throughout the year. Call your local Unit or Division for Cancer Control Month activities in your area or 1-800-ALS-2345 or check out our website at [www.cancer.org](http://www.cancer.org).

# Earth Day

First observed on April 22, 1970 with the message, "Give Earth a Chance" and attention to reclaiming the purity of the air, water and living environment. "Earth" days have been observed by many groups on various dates. Some on the world equinox.

## Grange Week

National and state granges recognized for contribution to rural/urban America. Celebrated at National headquarters in Washington, DC, and in all states with local, county and state Granges. Begun in 1867, the National Grange is the oldest US rural community service, family-oriented organization with a special interest in agriculture. Contact: Kermit W. Richardson, National Master, The National Grange, 1616 H St. NW, Washington, DC 20006. Tel: (202) 628-3507.

## National Garden Week

To recognize and honor the 78 million Americans that garden each year. Annually the second full week of April. Contact: National Garden Bureau, 1311 Butterfield Road, Suite. 310, Downers Grove, IL 60515. Tel: (630) 963-0770.

## National Food Service Management Institute Satellite Seminar Part II

The second of a two part series. Part II April 15, 1998. Target audience: Food service administrators, managers, and assistants. Topic: These one hour satellite seminars will include material that will help all food service assistants (cooks, bakers, serving line staff, cashiers, dishwashers, etc.) perform their jobs with greater safety and efficiency. These seminars will also contain material that will be valuable to food service directors and managers for orientation of new assistants and for retraining. Part II covers basic job skills and food production techniques. Contact: The National Food Service Management Institute, University of Mississippi, PO Drawer 188, University, MS 38677-0188. Tel: 1-800-321-3054.